

The May meeting for AYHSC was held on May 5th, 2016 from 5:30-7:00pm at the Whittemore Robbins House.

**In Attendance:**

**Adults:** Karen Dillon, Joe Curro, Steve Porciello, Mary DeCoursey, Cindy Bouvier, Kathy Hirsch, Pat Egan and Carlene Newell

**Students:** Julie Powers, Ellie Egan, Cooper Schoenthaler and Megan Laurendeau

**Welcome/ Introductions:**

Student Advisors and community members all introduced themselves and shared their respective roles in our community.

**April Meeting minutes:** Joe Curro moved to approve, Julie seconded; all approved the April meeting minutes.

**Student Coalition Updates**

Sticker Shock happened on Sunday, April 10th. Two liquor stores were welcoming but three were not. Perhaps, Sunday is not a good day, since most managers were not working. We will try again during the first week in June. Students enjoyed the participation. Somerville does sticker shock in restaurants too and we will learn about that model.

Meghan And Cooper did a compliance check the week of April 11th in the neighboring community of Melrose. Students were told to request craft beer and members wondered if that was too uncommon.

May initiative for the Tobacco takedown with The84 Club is to put up student designed posters that warn of the dangers of e-cigarettes around AHS.

**Good Conduct Policy**

Ivy, Steve P and Sana met to develop an Arlington Good Conduct policy using a similar Needham, MA and Iowa state policy that holds students to a unified and high standard. Steve Porciello explained that Athletes are held to a different standard. He feels everyone should be held to a higher standard. We are looking at putting a new policy in place at Arlington high school. Schools can adopt this policy for students not in the MIAA. Students athletes are not held to both standards, just the MIAA.

**SAP-C Grant Updates**

Ivy and Karen continue to attend monthly meetings and are working with the BSAS cluster on a strategic plan. The cluster is focusing on ease of access also perception of harm issues. There is an emphasis on "communities favor use" pertaining to underage drinking. Hopefully more social opportunities for youth will help Arlington teens find alternatives to gathering in local parks etc... There is potential for developing a regional social and emotional health curriculum. Currently group is working with an evaluator from BSAS.

**Project Updates**

**Sticker Shock:** Student designed Stickers will be on the front page of the Advocate (3x)

**Pizza Box:** Pizza box sticker shock is purposed for the upcoming summer, to encourage adults to prevent under-age drinking. A new sticker would we designed.

**Ottoson - Club 84 Expansion** ...84 club will visit Ottoson and will try to work with the 6th grade; to create a larger presence at the school and educate about e-cigarettes. Karen is working with Maureen Nee at Ottoson.

**Diversity in School Culture at AHS:** Guidance - Consultant came in to work on School Culture on Diversity. Another group of students identified to continue on with the work they came to a faculty meeting. It was a powerful and emotional meeting. Teachers were visibly moved.

**HRC Camp Summer 2016:** Plans are underway for the 7th year of HRC camp. Great collaboration between AYHSC, the police and fire depts. We are looking for student volunteers to be junior counselors. An improv group will be leading performance workshops for 5th & 6th graders focusing on substance abuse prevention.

**New opioid prescribing bill**

Dr. Pat Egan summarized the Bill. Here are some bullet points:

- Training for opioid prescribers, and Police responding to overdoses.
- Increasing addiction education in Driver's Ed
- School Districts - implement SBIRT - 2 classes to start
- Must have the referral system in place
- Is a shortage of places to send patients/students to
- Prescribers given alternatives
- Patients can put a non-opioid directive into their health record so that they are not prescribed an opioid accidentally (in surgery, emergencies, etc)
- 7-day max for doctors prescribing opioids to youth
- Prescription monitoring program - record of prescriptions (MA only)
- Gabapentin being prescribed can increase the effect of narcotics, so this is in the monitoring program too.
- 17 and under, even if a chronic condition, and only get 7 days
- Lots of data tracking in the pack on Dr.s
- For folks accessing substance abuse treatment (if they come to an emergency room, the ear will get counseling on substance use treatment).
- Mass Behavioral Health is streamlining the forms and procedures to get into a treatment bed.
- Good Samaritan Law - If giving Narcan, even without training, you are not held liable for harm if caused
- Bill creates 3 new commission
  - Improve access to pain
  - Training nursing and medical students
  - Study access to and effectiveness of treatment programs
- Take back programs for unused medications
- Creating treatment centers will take years and be the most complicated/time consuming piece.
- Medication Assisted Treatment:
  - Methadone - Have to go through withdrawal coming off this too. 3 days. Statistics are showing that staying on is better option. Unfortunately, patient needs to stand in line daily for this or weekly after extended time.
  - Suboxone - much better option. Opioids stimulant and naloxone. Pills can be taken each day. Lower addiction, pills taken daily. Can't chomp the pill and get a rush. Need to withdraw from this too.

**Community Update - "What's happening in Arlington?"**

**Forum on Human Trafficking** in honor and memory of Jeremy Kremer-McNeil  
Sunday, May 22nd 2pm @ Arlington Town Hall, All are welcome!

**Meeting Adjournment 7:00 pm**

Next (and final before Summer break!) Coalition Meeting - June 2nd, 2016 at 5:30pm at the Whittemore Robbins House